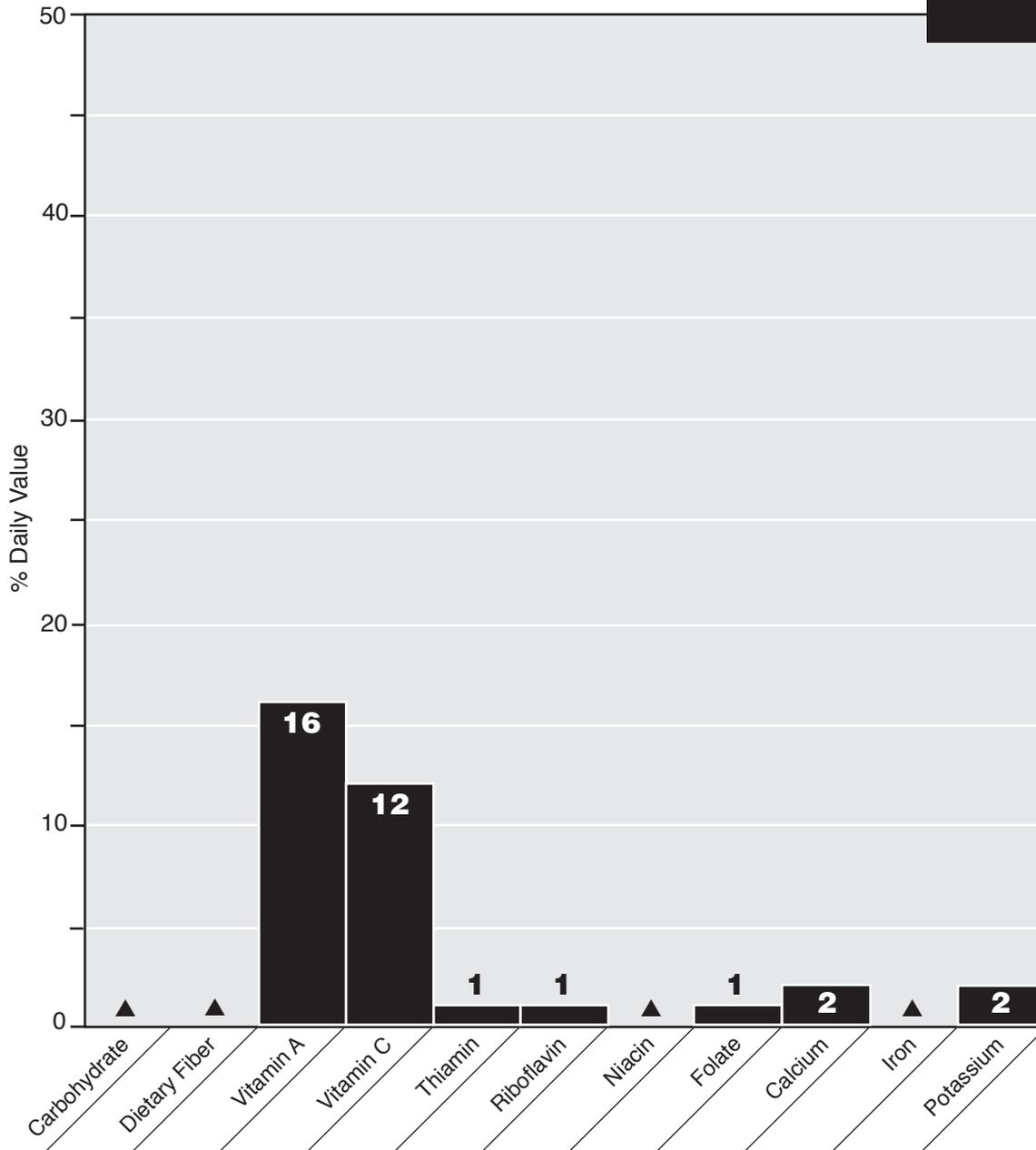


# Watercress

Brassicaceae *Nasturtium officinale*  
(analysis based on raw watercress)



## Serving Size

- 1/2 Cup Chopped
- 17 Grams
- 2 Calories
  - 9% from fat
  - 50% from protein
  - 41% from carbohydrate
- 0.4 Gram Protein
- 0.2 Gram Carbohydrate
  - 0.1 gram dietary fiber
- 0.02 Gram Fat
- 16 Grams Water
- 7 Milligrams Sodium

▲ Trace

